



Minimum wage bill hinges on bipartisan support

By Eric.Wirth
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Iowa employees who receive minimum wage could see their hourly pay rate jump from \$7.25 to \$8.75 an hour by July 1, 2016 if a bill introduced in the Iowa House can find bipartisan support and pass through the legislature.

Support will likely be hard to find due to disagreements about how a minimum wage increase would affect employment.

“One of the claims frequently made is that it’ll cost jobs,” said Sen. Herman Quirmbach, D-Ames, associate professor of economics at Iowa State.

Sen. Charles Grassley, R-Iowa, said this almost verbatim in a statement he made about raising the federal minimum wage.

“It also could or would lead to the elimination altogether of some jobs for low-wage workers,” Grassley said.

A study done in 1992 by David Card and Alan Krueger at Princeton University’s Department of Economics found the argument that a minimum wage increase would cost low-wage jobs to be unfounded.

The study, which looked at the differences in employment in the fast food market between New Jersey, which had just seen a minimum wage increase, and Pennsylvania, which had not, found that an increase in minimum wage actually saw a marginal increase in employment. With Pennsylvania and New Jersey only being separated by the Delaware River, the test was as close to a control as can be expected in the real world.

Meanwhile, the buying power of the minimum wage has been in a slump. In 1978 the federal minimum wage was \$2.65 per hour. When indexed for inflation, this would total \$9.67 per hour today, 18.4 percent higher than

MINIMUM WAGE p4

Hy-Vee to offer new sit-down experience

By Kelly.Schiro
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Doors will slide open and guests will be greeted by a hostess to lead them to their table at west Ames Hy-Vee’s new Market Café.

Hy-Vee is outfitting many of it’s grocery stores with a new bar and restaurant concept in the form of a Market Café or Market Grille.

The Market Café in the west Ames Hy-Vee is expected to open early to mid-March.

“Our CEO’s vision is to focus more on culinary expertise,” said Amanda Vande Lune, restaurant manager.

While the new Café will have a full wait staff and a made-to-order menu, customers can also go to the Italian Express or the Chinese Express as before and then eat in the new dining area, Vande Lune said.

The restaurant will have capacity for 120 or more. In the full-service bar, there will be eight beers on tap, bottled beer, wine and selected spirits. There will also be eight flat screens TVs and they will be able to have gameday events, said Ben Conway, store director.

Conway said there are about 30 new restaurants completed company-wide. The nearby Ankeny store will have both a Market Café and Market Grille at two separate locations.

Conway said the Market Grille will have outside seating without the full wait staff. The Market Café concept works for the Hy-Vee in west Ames because

HY-VEE p8

A PAIN IN THE NECK

Extended technology use leads to injury

By Carolina.Colon
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Who would’ve thought that playing Trivia Crack or sending a text could cause so much damage?

Smartphones are widely known for the applications humans add to them. Users often don’t think of the consequences of hunching their head over to stare at the small screen.

Americans spend 162 minutes on their smartphones each day, according to a study by an advertising platform, Flurry. That adds up to about 59,000 minutes a year, or 41 days. About 32 percent of that time, according to the study, is spent playing games.

All that time playing Candy Crush can help students reach an all-time high level in helping solve the issues in Candy Kingdom, but can also cause students

to obtain an unnatural posture.

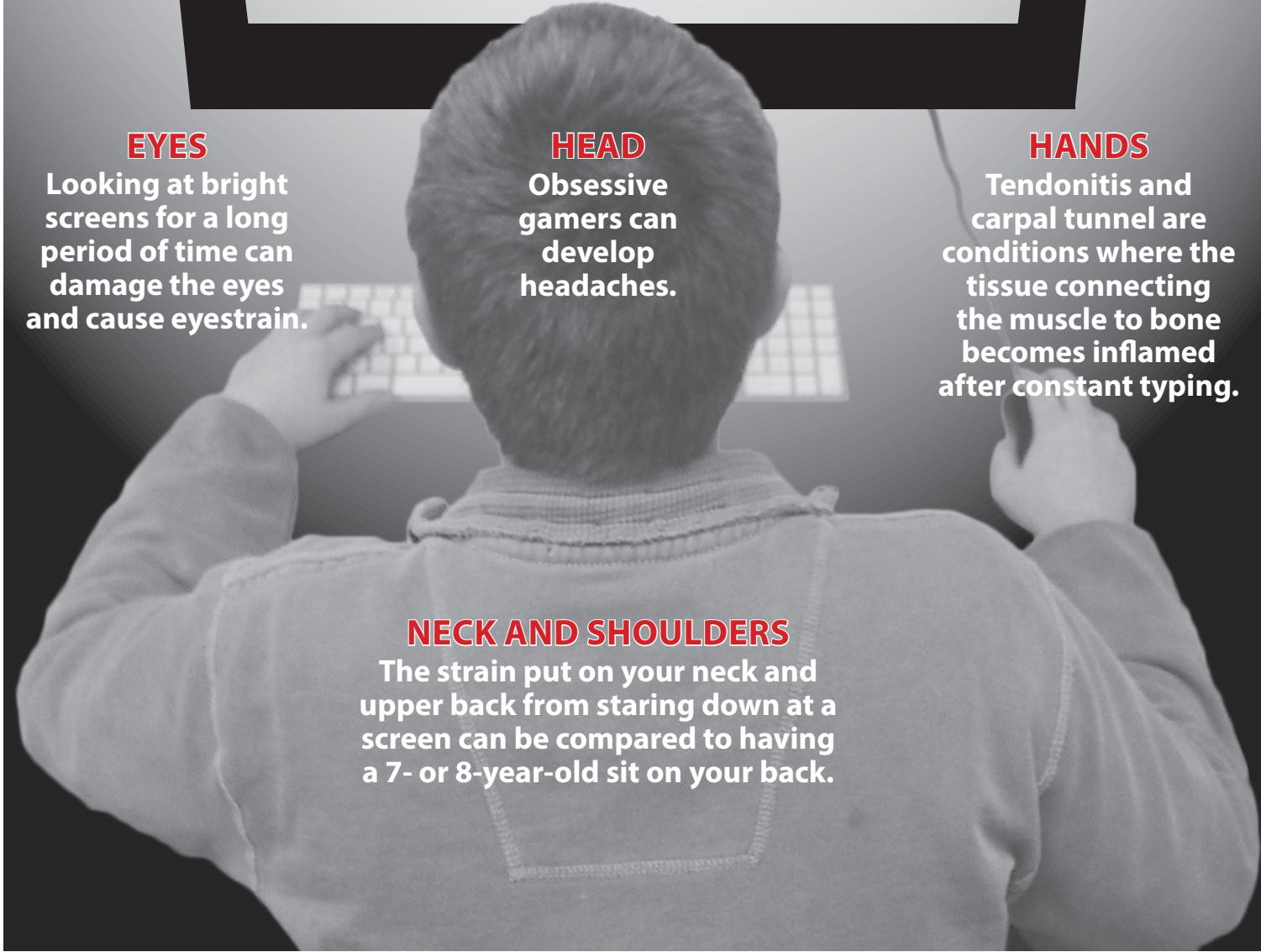
Dr. Kenneth Hansraj, chief of spine surgery at New York Spine Surgery and Rehabilitation Medicine, found that the head sits at a 60 degree angle. By looking down at a cellphone, the head develops a pressure, which is the portion of the spine above the shoulders.

This pressure, according to the study, can be compared to having a 7- or 8-year-old sit on your back.

But gaming isn’t the only way the smartphone can affect your health. Today, text messaging is the most widely used mobile data service and about 2.19 trillion texts are sent annually by U.S customers, according to Portio Research.

When walking into a new classroom where every student in the classroom is unknown, the first thing that comes to mind is to search through social media instead of socializing with

TECHNOLOGY p8



EYES

Looking at bright screens for a long period of time can damage the eyes and cause eyestrain.

HEAD

Obsessive gamers can develop headaches.

HANDS

Tendonitis and carpal tunnel are conditions where the tissue connecting the muscle to bone becomes inflamed after constant typing.

NECK AND SHOULDERS

The strain put on your neck and upper back from staring down at a screen can be compared to having a 7- or 8-year-old sit on your back.

Ballroom Dancing Club hosts ‘Sweetheart’s Dance’

By Emily.Eppens
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Love was in the air as couples danced the salsa, rumba and waltz on Valentine’s Day evening.

The ISU Ballroom Dancing Club hosted an open Sweetheart’s Dance on Saturday evening. During the duration of the event, Grant Hyland, senior in music and the president of the club, and Seth Wilharm, senior in animal science, taught the basic steps of different dances, including the waltz, foxtrot, tango and salsa dancing.

Joel and Ashley Pudenz, ISU alumni who have attended the club events, heard about the event from a friend.

“[Ballroom dancing] is learning how to communicate

through another person,” Joel said. “It has been a fun thing to do together.”

Nicole Bramow, junior in civil engineering, said the club has taught her coordination and has given her a way to meet other students.

“[Ballroom dancing] is definitely more challenging than it looks,” Bramow said. “I come from a strong music background, so picking up the moves was easy. But the learning technique, actually doing the dance, was very unnatural for me. I’m still working on it. It has been a lot of fun.”

An instructor from Des Moines Ballroom comes in to teach the members the fundamentals of ballroom dancing.

Typically throughout the semester, the club hosts one or two big dances and partners with

other organizations located on campus and in the Ames community.

“When I first joined the organization, I only had a little experience,” Hyland said. “I joined last year and I wish I had joined sooner. It has been a great experience.”

The club divides its dancing types into two different groups: rhythm and smooth dancing.

Swing dancing, which is among the most desired forms of learning how to dance, rumba and chacha dancing fall within the rhythm category, while dances such as the waltz, tango and foxtrot are examples of smooth dancing.

Wilharm said he is planning to attend veterinary school after graduation and hopes to continue participating in the club during that time.


“Communication is the key when it comes to dancing,” Wilharm said. “There is so much that goes into dancing that people don’t even realize. It’s really unique to compare one person’s style to another’s.”

Students who attend the club are given the opportunity to participate in dancing competitions throughout the Midwest for different skill levels: newcomer, bronze, silver and gold.

“I think that learning to dance is a creative release for students,” Hyland said. “I absolutely recommend students to get involved. It’s a chance to participate in something very different and artistic.”


Students who want to get involved with ballroom dancing are encouraged to attend the meetings in Forker 0184 at 7 p.m. Wednesdays.

Weather




MONDAY
Cloudy and cold with wind
chills below zero.

23
6



TUESDAY
Stronger gusts with wind
chills below zero.

15
3



WEDNESDAY
Sunny but cold. Strong NW
winds with wind chills be-
tween 0 and 25.

6
-3

Weather provided by ISU Meteorology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Feb. 9

Ryad Ziar, 19, of 2922 West Street, Ames, was arrested on a warrant, charging him with third degree sexual abuse at 2900 block of West Street (reported at 8:00 a.m.).

Officers were asked to check the welfare of a resident at Frederiksen Court (reported at 6:31 p.m.).

Alexander Pruiett, 19, of 1352 Wallace Hall, Ames, was arrested and charged with possession of a controlled substance (two counts) and possession of drug paraphernalia at Wallace Hall (reported at 9:58 p.m.).

Feb. 10

Kurtiss Mueller, 22, of 4709 Steinbeck Street, Unit 4, Ames, was arrested and charged with operating while intoxicated at Hayward Avenue and Mortensen Road (reported at 2:14 a.m.).

An individual reported someone behaving in an unusual manner at Agronomy Hall (reported at 8:20 a.m.).

An officer initiated a drug related investigation at Lyon Hall (reported at 11:59 a.m.).

Tyquon Veasey, 35, of 4713 Toronto Street, Apartment 1, Ames, was cited for driving under suspension at 200 block of Hyland Avenue (reported at 2:15 p.m.).

Feb. 11

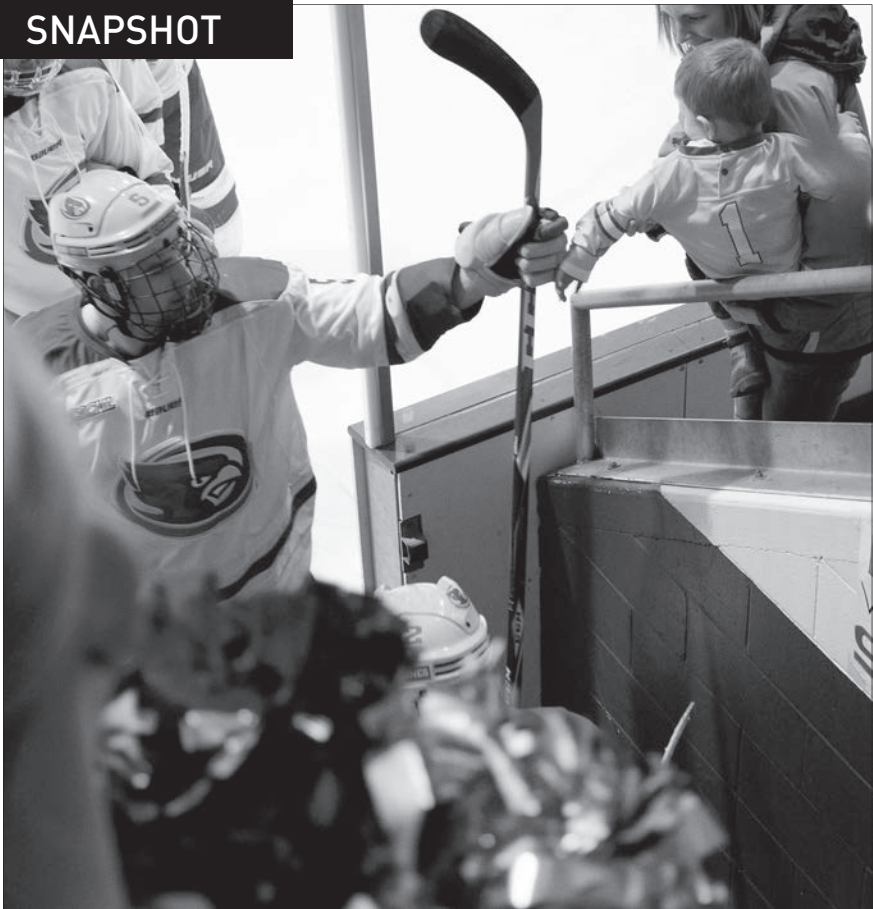
An officer received information regarding a behavioral concern at General Services Building (reported at 10:42 a.m.).

An officer checked the welfare of a resident who was possibly experiencing emotional difficulties at Martin Hall (reported at 12:17 p.m.).

Joshua McCombs, 25, of 4901 Todd Drive, Unit 46, Ames, was arrested and charged with public intoxication. He was transported to a medical facility and subsequently released on citation at Agronomy Hall (reported at 12:40 p.m.).

Matthew Moder, 18, of 3448 Wilson Hall, Ames, was cited for possession of drug paraphernalia at Wilson Hall (reported at 7:21 p.m.).

SNAPSHOT



Schuyler Smith/Iowa State Daily

Cyclones celebrate win with young fan

Sophomore Derek Moser fist bumps a fan at the Ames/ISU Ice Arena on Feb. 13. Cyclone Hockey defeated the Illiana Blackbirds, a tier-III junior team, 2-0 in the first of a two-game series sweep. The Cyclones will compete in the first round of the CSCHL Tournament against Illinois on Friday.

STYLE TIP OF THE WEEK

KEEP YOUR SHOES IN SHAPE DURING WINTER

By Taylor.Borde
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Winter weather takes a harsh toll on our beloved booties, prized pumps and stylish sneakers. Melting snow and soon-to-be spring showers are a shoe's worst enemy, leaving them in need of a few touch-ups. Remedies can be found around the house for a quick fix.

Shine patent leather pumps or flats with window cleaner. Run-ins with dirty snow or muddy puddles cause patent leather to turn cloudy. Spray Windex onto a clean towel and rub in circular motions for a fresh polish.

Leather boots can be restored with daily moisturizer. Those unfortunate scratches disappear with a few pumps of your favorite face lotion. Rub it into your hands and apply to areas in need.

Renew suede booties and heels with a nail file. Grind the nail file against those pesky dirt spots and they crumble to pieces. This is the perfect tip to touch up shoes on a night out.

Canvas sneakers can be waterproofed with beeswax. Before you decide to wear them to class, apply beeswax on the entire surface. It acts as a protective layer from the snow and rain. Now they are ready for winter.

Professor presents research on cheating in the classroom

By Makayla.Tendall
@iowastatedaily.com

Do you feel like you're almost encouraged to cheat in your classes, or even in your major? The learning environment some students are in may be encouraging them to cheat.

Bob Reason will be presenting his findings on the topic at 12:10 p.m. Monday in 2030 Morrill Hall.

Reason, an education professor at Iowa State, researches how a student's behaviors are affected by classroom climates. Reason has studied whether professors are unintentionally telling students in their classes that cheating is okay.

Reason will also share his research on what drives students to cheat and the best practices for preventing academic dishonesty.

For employees who

wish to attend, they must register online for the event.

1. Login to AccessPlus: <https://accessplus.iastate.edu>.
2. Click on the Employee tab (upper right).
3. Click UHR Training (in the left menu).
4. Click Continue. (A new window will pop open.)
5. Click Courses.
6. Click Enroll next to any session in which you wish to participate.

Online Content

MORE INFO

Sister city quick facts

Ames has a sister city in Kosu, Japan. Want to learn some interesting facts about the city? After reading the story, take a look at the news section of the Daily's app to find out more.

PHOTO

Sports galleries from weekend

Missed out the sporting events this weekend? No worries, check out the multimedia section of the Daily's website for photo galleries of both sporting events.

HOCKEY

Cyclones find issues despite sweeping Illiana

The Cyclone Hockey team may have swept the the Illiana Blackbirds but that doesn't mean the weekend was all good for the team. Read more on the team at the Daily's website.

COVERAGE

Chinese New Year celebration

Members of the ISU community celebrated the Chinese New Year on Sunday night. For coverage of the event, including a photo gallery and an article, go online to the news and multimedia section of the Daily's website.

MORE INFO

Minimum wage then and now

In addition to the article on minimum wage, more information can be found on the news section of the Daily's app. There, readers will find a by the numbers look at how minimum wage has developed in the United States.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-229-5688 or via email at editor@iowastatedaily.com.



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Publication:
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.
Subscription costs:
Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.
Fall & Spring sessions:
The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.
Summer sessions:
The Iowa State Daily is published as a weekly on Wednesdays, except for university holidays, scheduled breaks and finals week.
Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.
The Daily is published by the Iowa State Daily Publication Board, Room 108 Hamilton Hall, Ames, Iowa, 50011.
The Publication Board meets at 5 p.m. on the fourth Thursday of the month during the academic school year in Hamilton Hall.
Postmaster: (USPS 796-870)
Send address changes to: Iowa State Daily, Room 108 Hamilton Hall, Ames, Iowa 50011
PERIODICALS POSTAGE paid at Ames, IA 50010

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**IOWA STATE DAILY**

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CROWNED

Des Moines pageant names ISU student ‘Miss Metro’

By Claire.Norton
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Never do anything half-heartedly, said Kelly Koch, sophomore in early childhood education.

“If [people] show true passion for themselves, they’ll show passion for everything else in their life,” Koch said.

Koch won the Miss Metro crown earlier this month to go along with other crowns she received in the Miss Greater Des Moines Scholarship Pageant.

The Miss Greater Des Moines Pageant is an official preliminary to the Miss Iowa and Miss America scholarship pageants.

Koch began her involvement with pageants in late fall of 2014.

Amy McAreavy, former executive director for the Miss Iowa Pageant, as well as a high school friend of Kelly’s mother, offered to help guide Kelly through the process before her first pageant in October — Miss Muscatine — where Kelly won “first runner-up.”

McAreavy wanted to be clear that she is not Koch’s coach.

“I’m simply just a friend that helps,” McAreavy said.

McAreavy will not be

guiding Koch through the Miss Iowa pageant. She will be mentored and guided by an executive from the Miss Greater Des Moines Pageant.

McAreavy said she and Koch’s training was usually an informal affair.

“We spend a lot of time on interview, so really giving her the opportunity to practice was most of it,” McAreavy said. “A lot of times we would just get on the phone and I would ask her questions and give her the opportunity to answer them.”

Koch discovered she wanted to do pageants after high school when she realized that she would no longer be able to perform as a soloist dancer. She wanted the opportunity to continue to perform.

“Dance is a big part of my life and that’s another reason why I wanted to do this,” Koch said. “After high school, you really don’t get to perform solos anymore. I wanted to do that more and I knew I could with the Miss America organization.”

Koch, like every other contestant, is required to take on a “platform” or a cause to advocate.

The platform she developed is called “BFF,” or “Be a Friendly Face.”

“Be a Friendly Face” strives to help prevent bul-

lying within schools by teaching young children to understand what it means to truly be a friendly face.

Koch chose “Be a Friendly Face” not just because she is pursuing a degree in early childhood education, but also because of the personal experiences she’s had.

“That’s why I want to go out to the schools and bring my platform because I was bullied as a teenager in high school,” Koch said.

She hopes that her efforts will also reflect “the four points of the crown” — Service, Style, Scholarship, and Success — a standard that the Miss America Organization devotes itself to.

Koch said “it’s not just a beauty pageant,” as the pageants have not only helped her confidence, but have also benefitted her studies.

Koch said she has gained tools from her pageant training in public speaking, writing and interviewing that she can apply toward her success in school.

In addition to the tools she can use in everyday studies, she was awarded a \$1,000 scholarship to apply toward her education.

Rhonda Koch, Kelly’s mother, has been supporting Kelly’s love to perform throughout her life and her



Courtesy of Rhonda Koch
After being crowned “Miss Metro” in the Miss Greater Des Moines Pageant, Kelly Koch, sophomore in early childhood education, plans to be hard at work in preparation for the Miss Iowa pageant on June 12.

recent success in pageants is not the only thing her mother is proud of.

“I think the thing that amazes me the most with her is that she can stay on the dance team, be active

in her sorority and keep a good grade point, and then decide all of a sudden, ‘oh, I’ll do this too,’” Rhonda said.

With the Miss Iowa pageant approaching June

12, Koch plans to be hard at work.

She will be devoting her time to practicing, maintaining her grades and involvement in activities at Iowa State.

Free app provides emotional support for students

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and learn skills on your
7 Cups journey.

Charlie Coffey/Iowa State Daily
7 Cups of Tea allows anyone who downloads the app to anonymously talk about issues with trained listeners any time of the day. The app was designed to help students manage their stress and receive support.

By Dakota.Carpenter
@iowastatedaily.com

Students who are constantly distracted by gaming and social media apps while balancing classes, work, clubs and relationships can now use an app that will help manage the stress accompanied by that balancing act.

7 Cups of Tea is an app and a free online community to promote emotional well-being and provide serve for people around the world.

Glen Moriarty, a psychologist with a love for technology and his wife Nicole, a therapist, established 7 Cups of Tea. The community allows people to talk anonymously to a listener trained in Moriarty’s listener training program about any circumstances with which they may be struggling.

However, 7 Cups of Tea is not a service for those who may be having suicidal thoughts. It is a service that allows people to talk openly about whatever they are facing.

“People need to feel heard and understood, it’s a human impulse,” Mori-

arty said. “No matter where you are, no matter what your background, you can hop online or the app and chat with a caring and compassionate listener.”

7 Cups of Tea’s website launched in 2013 and since then, they have created a mobile app for Apple and Android devices.

At the beginning, 7 Cups of Tea was constructing 50 conversations a week and now they are having 90,000 conversations a week.

The Moriartys didn’t design 7 Cups of Tea with an age group in mind, but more than 85 percent of their users are classified as young adults, Moriarty said.

Tiffany Iskander is a staff psychologist for the Student Counseling Service at Iowa State, which officers free counseling to ISU students.

Iskander said that some of the most common struggles for students are the transition to college, depression and anxiety.

“The peak times of service for the Student Counseling Service are usually around the beginning of the school year and around finals,” Iskander said.

The Student Counseling Service is open Monday through Friday, 8 a.m. to 5 p.m., but 7 Cups of Tea is available at any time for students, especially during the hours that the Student Counseling Service is not open.

Anna Hirsch, senior at University of Wisconsin Oshkosh in biological science, is a listener and an ambassador for 7 Cups of Tea.

Hirsch found the website following the murder of one of her friends as she was looking for ways to get involved with a crisis line and assist others. Since joining, she has completed more than 500 conversations with users.

“Having something like [7 Cups of Tea] would have been very helpful for me,” Hirsch said. “I wanted to turn around and give back.”

To become a listener, you must be at least 16 years old. Listeners are required to complete an hour-long video and text-based training course.

After their course, the listeners are given a practice conversation with a computerized robot that provides training on how to

talk to those suffering from depression.

They are given feedback and if they pass, they become a listener.

Once they become a listener, they have the opportunity to move through a variety of other training videos.

Even though the Moriartys are providing more support through 7 Cups of Tea by holding 90,000 conversations with users a week, they aren’t done yet. Moriarty said that they are striving for something even bigger.

“90,000 sounds like a really big number. I would have never thought that we would have gotten to 90,000 [conversations],” Glenn Moriarty said. “[Our goal is to have] 100 million positive and supportive conversations.”

The Moriartys are working to cultivate an environment that makes people feel safe and not intimidated, he said.

“A struggle or a challenge you are facing is just one small part of you,” Moriarty said. “Going to therapy can be intimidating. [7 Cups of Tea] is just like text messaging, it’s so easy to get support.”

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Science is not partisan

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.



Sophomore guard Monté Morris waits to throw the ball into play during Iowa State's game against West Virginia on Feb. 14. Morris finished the game with 19 points, five assists and three steals.

Blake Lanser/Iowa State Daily

MOUNTAIN MAN-MAN

Monté Morris leads Iowa State past West Virginia

By Alex.Gookin
@iowastatedaily.com

Monté "Man-Man" Morris has been here before. It was his fourth game against the Mountaineers, but against one of the most aggressive defenses in the nation, Morris had one of the best performances of his career.

With 19 points, five assists and three steals, Morris took control of No. 21 West Virginia (19-6, 7-5 Big 12), leading No. 14 Iowa State (18-6, 8-4 Big 12) to a 20-point victory, 79-59.

Morris has 29 assists to just two turnovers against

West Virginia in his career, serving as the closest thing to kryptonite that the Mountaineers have faced. Hitting 4-for-4 from deep, Morris had one of the best shooting nights of his career.

"I give my credit to this guy right here," Morris said, patting coach Fred Hoiberg on the back. "At this level, it's all confidence and when you see one go in and you're going in there late-night shooting, it pays off like it did tonight."

While Morris deflected credit to Hoiberg and the game plan entering the game, his play is what gave the Cyclones a much-

needed win before hitting the road against Oklahoma State and Texas in the coming week. With a firm grasp on third place in the Big 12, Morris will likely continue to be the team leader as the conference season winds down, and Hoiberg endorses it.

"I thought Monté gave us an opportunity to win the game because of the fact he went toe-to-toe with Juwan Staten," Hoiberg said. "Monté's not going to back down from anybody. He's going to battle and scratch and fight, and I thought he did a great job with that."

But Morris didn't do it alone. Jameel McKay, nick-

named "Showtime," served as a trusty sidekick to his roommate, Morris, who he calls "Mr. Big Game." McKay finished with 12 points, eight rebounds and made 8-of-9 free throws after struggling from the line in the majority of his games. When Morris and McKay weren't scoring offensively, they caused problems defensively as Morris grabbed three steals and McKay blocked five shots on the defensive end.

In fact, the team played one of its best defensive games of the season. Against a team that struggles to make shots, the Cyclones held the Mountaineers to

just 37.9 percent shooting and forced 19 turnovers. The 59 points allowed is the fourth-best mark of the year and second in Big 12 play. West Virginia only shot 12 free throws the entire night, while Iowa State made 21 of their 30.

Offensively, the bench contributed one of the best games of the season, scoring 32 points on 12-of-19 shooting between Abdel Nader, Bryce Dejean-Jones and Matt Thomas.

"Everyone who went in the game, I thought made a positive impact," Hoiberg said. "I thought Bryce was phenomenal, I thought Abdel Nader played one of his

best games and Matt Thomas hit that 3 right before halftime, giving us some momentum. ... Those are huge contributions."

With McKay sliding into a starting spot ahead of Dejean-Jones in the past three games, the bench production has soared with Dejean-Jones creating a different spark entering the game. It's a change that Hoiberg says he's happy with and could make all the difference as the team heads into its final stretch of games.

The Cyclones will take on the Cowboys (17-7, 7-5 Big 12) at 8 p.m. Wednesday in Stillwater, Okla.

Cyclones get revenge against in-state Panthers

By Beau.Berkley
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Mike Moreno wasn't going to sugar coat anything.

After a dual win against Arizona State on Friday night, the Cyclones had to regroup in time for another dual against in-state foe Northern Iowa on Sunday. The last time the two teams' faced off, the Panthers came away the victor and let the Cyclones know. That didn't sit well with Moreno.

"I don't like them," Moreno said. "They'll get what's coming to them."

Whatever feelings of retribution that Moreno and the Cyclones may have been harboring since last year were absolved Sunday, as they downed the Panthers 24-12, winning eight out of 10 matches, including the first three matches of the dual.

Northern Iowa however would not sit idly by, as No. 10 Blaize Cabell defeated Iowa State's Quean Smith in a 2-5 decision, followed by a pin from

No. 6 Dylan Peters, an All-American at 125 pounds last season.

Northern Iowa was down 10-9 at the intermission, but whatever momentum they may have gained did not last long.

All-American Earl Hall came out and scored a 9-3 decision, racking up one minute and 43 seconds of riding time.

"We expected Earl to win," said ISU coach Kevin Jackson. "Obviously, coming out of a break and them getting the fall, we really thought that Earl would get bonus points for us, but it was important for us that we got back in the win column."

Hall was not the only Cyclone that brought the crowd to its feet. True freshman Dante Rodriguez racked up three near falls en route to a 13-1 major decision.

It was Rodriguez's third straight win since he defeated then-No. 12 Mike Morales of West Virginia two weeks ago.

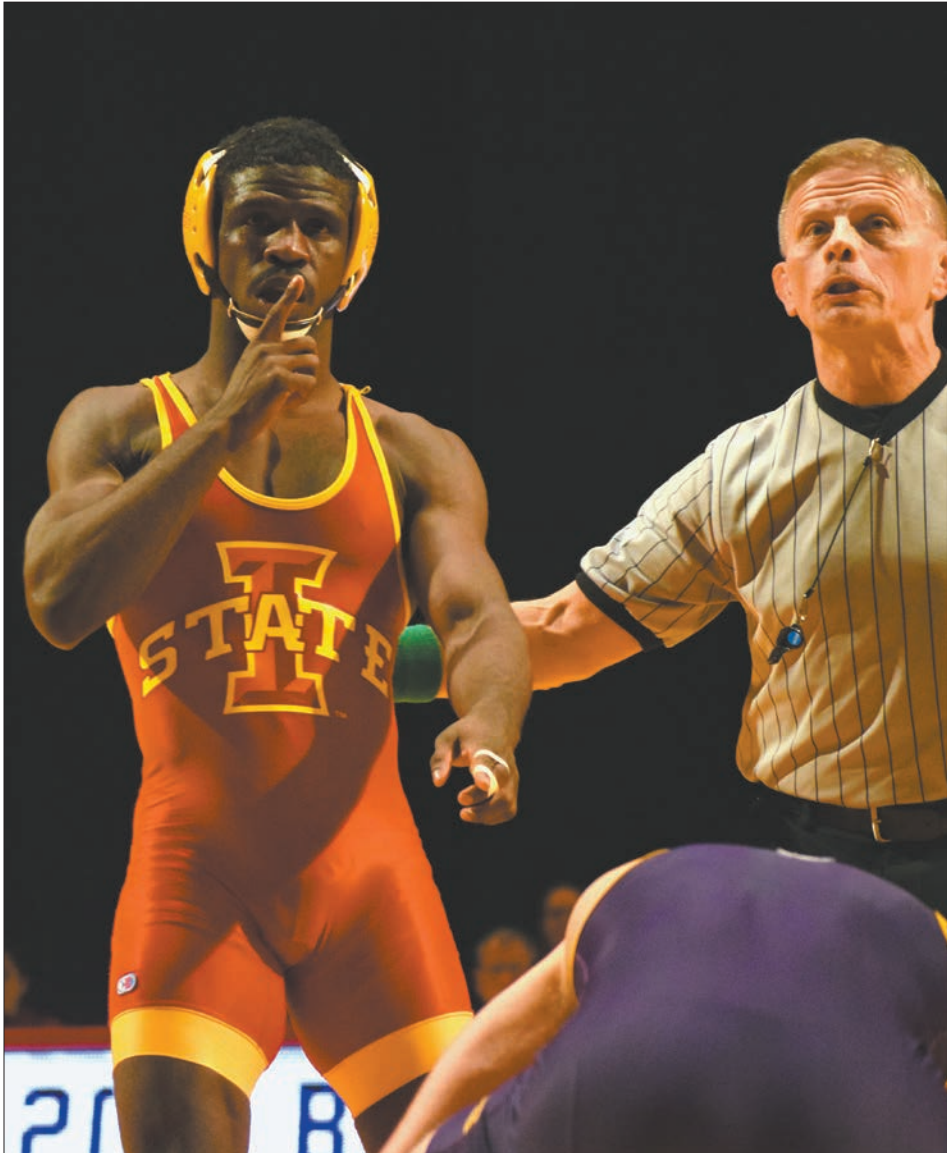
"I thought he [Rodriguez] was the one who really ignited the crowd and

ignited our team and he's competing as good as anybody on our team from a competitive stand point," Jackson said.

Mike's brother, Gabe, also remembered the sinking feeling of defeat last year in Cedar Falls, one that he made sure not to relive again this year. Gabe scored a major decision against Gunnar Wolfensperger in a match in which Wolfensperger took Gabe off the mat and onto the hardwood near the scorer's table.

Just two matches later, Mike capitalized on what he said Friday, defeating No. 13 Cooper Moore by a 5-2 decision. In what seems like a budding rivalry caused by more than sharing the same state lines, Gabe said the message sent was simple.

"It feels good that we were able to come out of there with a pretty lopsided victory ...," Gabe said. "There's a 'W' in our win-loss column and there's an 'L' in their win-loss column, and that's the only message that needs to be sent."



Junior Earl Hall celebrates after defeating Northern Iowa's Leighton Gaul 9-3 on Sunday at Hilton Coliseum. Hall racked up one minute and 43 seconds of riding time during his match. Iowa State won the dual 24-12.

Ryan Young/Iowa State Daily

Iowa State Classic features highs, lows for athletes

By Kyle.Heim
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ISU assistant track coach Andrea Grove-McDonough summed up the Iowa State Classic as an “OK meet” for the ISU runners, as the team continues to recover from its cross-country hangover.

Iowa State experienced both missed opportunities and strong performances throughout the meet.

Grove-McDonough said she’s a little disappointed that there weren’t better results, but it’s also no time to panic.

“In their defense, we might have put in a little more work, I might have overestimated that I thought they would recover better off it,” Grove-McDonough said. “I try to look at it as no harm, no foul. It will benefit them down the road. We’ll make sure we’re rested and have our legs under rest for the Big 12 meet.”

One event Grove-McDonough said she was hoping to get more from was the 3000-meter. Redshirt senior Katy Moen finished in the top five in the event, but Grove-McDonough said she was hoping Moen would get

a time that would hold up for the NCAAs.

“[Moen’s] been a little bit off lately,” Grove-McDonough said. “I think she’s been tired and school’s been kind of a stressor for her. Having said that, I can’t say that I’m totally surprised that she was not feeling great.”

Grove-McDonough was pleased with the performances by freshmen Olivia Robertson and Abby Caldwell, who both recorded personal best times in the 3000-meter.

Grove-McDonough was also happy with Margaret Connelly, who had a second-place performance in the 5000-meter to end day one of the Iowa State Classic, setting a personal record with a 16:08.99 time.

In addition to Connelly’s strong run, senior Kendra White returned from a quad and hip flexor injury to break her own school record in the 400-meter dash. The sprinter clocked a 53:81 time, which placed her third overall in the event.

“I was a little hesitant because I didn’t know how my leg was going to hold up, but with so many people, like teammates and even parents of my teammates, saying ‘go get ‘em, you can

do it, I believe in you,’ having that here at home really builds up my confidence to go out there and run my race.”

As far as future goals, White said she hopes to break her school record again and place higher at the Big 12 meet.

In the field events, the ISU women received an impressive outing from freshman Jhoanmy Luque, who earned titles in both the long jump and triple jump. Luque currently ranks 14th in the nation in the long jump and 27th in the triple jump.

Joining Luque in jumping events was sophomore Marine Vallet, who placed first in the high jump, earning the 16th best mark in the nation.

The schedule shows that the UNI-Dome Open on Friday and the Alex Wilson Invitational in South Bend, Ind. on Saturday are next, but the team’s focus remains on the Big 12 Indoor Championship on Feb. 27 and 28.

The Harry Hoak Track in Lied Recreation Athletic Center will be the home of this year’s Big 12 meet, and it will be the last indoor event of the season that Iowa State hosts.



Ryan Young/Iowa State Daily
Senior Kendra White runs in the women’s 400-meter dash at the Iowa State Classic on Saturday. White finished third in the event, breaking the previous school record, which she held, with a time of 53:81.

Men’s track, field team breaks records, sets national times

By Trey.Alessio
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The bigger the stage, the better the performances for the ISU men’s track and field team.

Iowa State hosted teams from across the country this past weekend for the Iowa State Classic, broke numerous records and set multiple national times.

The music was blaring, the bleachers were full and the atmosphere was unlike any other. But that just made the Cyclones turn up their performance level by a few notches.

Senior Edward Kemboi stood out for the Cyclones during the weekend in the 800-meter run. He recorded a time of 1:46.09, which ranks him No. 1 in the nation for the event.

Kemboi was running against a deep and fast field that included six runners with times under the 1:48-barrier.

“We’re pleased with where [Kemboi’s] at and his progress thus far this season,” said ISU assistant coach Jeremy Sudbury.

Other standouts include redshirt senior Patrick Peterson and senior Brian Biekert. They finished with the ninth and

10th fastest times in the mile run in ISU indoor track and field history, respectively.

“Ryan Biekert and Patrick Peterson both ran 4:02, both getting personal bests and putting themselves high on the list for the Big 12 meet,” Sudbury said. “Both guys are on their A-game at this point in the season, so we’re excited about where they’re at and their progress.”

On the field side of things, redshirt senior Cam Ostrowski finished second in the high jump. His 2.21-meter jump ranked him seventh in the country.

Sudbury also said he

and the rest of the ISU track and field staff are excited about Ostrowski qualifying for NCAA Nationals. They look forward to seeing more progression out of Ostrowski.

Iowa State set numerous personal records, including freshman Elijah Young in the 400-meter with a time of 49.98, Peterson in the mile with a time of 4:02.17, Biekert also in the mile with a time of 4:02.39, sophomore Brandon Barnes in the 800-meter with a time of 1:51.73, junior Brandon Wheat also in the 800-meter with a

time of 1:52.12 and junior Jan Jeuschede in the shot put with a distance of 62’ 5.75”.

It’s safe to say that the Cyclones held their own against some big teams from across the nation. They did not let hosting the Iowa State Classic get to their heads.

“The hard part sometimes when you’re hosting a meet is being able to juggle multiple things — coaching the athletes [and] making sure the fields are set correctly,” Sudbury said. “But the biggest thing I like with the guys and how

they handled it was this was a big-time competition. There’s a lot of NCAA No. 1s this meet from all kinds of different schools.”

Overall, the Iowa State Classic was a good meet for the men’s side of the track and field team.

“I think [Iowa State] put on a great meet, it always was a fun venue. I love running on our 300-meter track,” said sophomore Derek Jones.

The Cyclones will be back in action when they head to Cedar Falls, Iowa for the UNI-Dome Open on Friday.

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TECHNOLOGY p1

people. The origin of this so-called "epidemic" is raised by the present generation and its use is forecasted to increase with more than 6 billion short message service messages sent per day, according to Forrester Research.

Katie Alexander, sophomore in advertising, explained how many texts she could send and the effects of texting at the end of the day.

"[I text] probably 100 times a day," Alexander said. "My neck and my eyes hurt at the end of the day."

Alexander thought about how this habit might affect her in the future.

"In my future, I might develop chronic neck and back pain, as well as a faster decrease in my vision," she said.

Dr. John Moore, chiropractor for the Ames Back and Care Center, explained the usual cases he sees.

"People come in saying that by playing games they develop headaches, mostly for addiction to those games," Moore said.

The neck and upper back are the most affected body parts from smartphones, Moore added.

"The neck and the upper back are the most affected by smartphones because your shoulders are trying to support, out in front of it," Moore said. "Muscles are being stressed, which is not a good position. You work those muscles harder to support your head."

Other parts of your body that are affected include the hands, especially thumbs and wrist. Texting repetitively can cause stress injury in these important parts. The effects on the thumbs can result in a decrease in grip strength, develop a form of tendonitis, carpal tunnel or even tenosynovitis.

Tendonitis and tenosynovitis are conditions in which the tissue connecting the muscle to bone becomes inflamed. Carpal tunnel is one of the worst cases that can happen, which leads to a pinched nerve in the wrist and causes a lot more pain than tenosynovitis and tendonitis. The worst cases of wrist damage lead to a call for immobilization with splints, medications or even surgery.

Joheshua Olvera, sophomore in pre-architecture, explained an interesting fact about texting and its effect on his health.

"My thumbs don't hurt, but my pinky finger does because it supports my phone since I only text with one hand," Olvera said.

Moore gave advice to those who constantly use their phones.

"People need to be careful with their position. Try to have an upright position," Moore said. "Also, get something to support your arms or have someone hold your phone, this would be the most beneficial."

Texting and gaming can also cause pain to children even faster due to the parents giving the child an iPad or cellphone at an earlier age. Children and young adults 8 to 18 years old spend more than seven hours a day on some type of entertainment medium.

A way to combat the effects on the eyes is to set the computer monitor's brightness to match your surrounding workspace. Texting can damage the eyes and cause eyestrain or headaches.

Caroline Alva, sophomore in chemical engineering, said her eyes sometimes hurt due to the brightness in her technology.

"It strains my eyesight especially at night," Alva said. "[Screens are] probably not good to look at for a long time because it's such a small, bright screen."

Dr. Magaly Gonzalez, an optometrist who practices in Puerto Rico, explained the consequences texting has on the eyes.

"By spending many hours working without having a rest can cause headaches, focus problems, migraines and also photophobia," Gonzalez said.

Photophobia is painful oversensitivity to light, according to Medicine Net.

Gonzalez said she agreed that this generation is basically based on technology.

"This new generation involves a cyber network," Gonzalez said. "Spending long hours on the computer causes a dry eye due to less blinking."

Overall, the main piece of advice is to enjoy texting and technology but do so with healthy habits. Practice straight posture, try not to bend the neck as much, keep the brightness settings low and instead of sending a text message, make a phone call or make arrangements to see someone in person.

HY-VEE p1

it is already working with an existing infrastructure.

Vande Lune said this will be a different option for people who not only reside on the west side of Ames but also Ames in general, as far as new restaurants.

"I'm excited for our customers," Conway said, "I look forward to those first several weeks watching how customers engage it."

Vande Lune is in the process of hiring people to either backfill the store or for the Café.

Some employees have expressed interest in working at the Café.

Conway said that they will have a soft opening to ramp themselves up to full force as this is a new experience for the west Ames Hy-Vee.

The Market Café will be open Sunday through Thursday, 6 a.m. to 9 p.m. The Café will be open from 6 p.m. to 10 p.m. Fridays and Saturdays.

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